



Product Spotlight: Jerusalem Artichoke

The Jerusalem artichoke is a variety of sunflower and looks a lot like ginger. It has a lovely sweet and nutty flavour.



Jerusalem Artichoke Roast

with Garlic Bread

A vibrant medley of roast Jerusalem artichokes, cherry tomatoes and zucchini on a charred capsicum and bean sauce, topped with fresh rocket and served with garlic pizza bread.



30 minutes



4/6 servings



Plant-Based

Switch it up!

If you don't feel like making the sauce, add the capsicum and beans to the tray bake! Serve the vegetables with some pesto or squeeze of lemon.

Per serve	PROTEIN	TOTAL FAT	CARBOHYDRATES
4/6 Person:	18g/24g	4g	57g/77g

FROM YOUR BOX

	4 PERSON	6 PERSON
JERUSALEM ARTICHOKES	600g	600g + 300g
ZUCCHINI	1	2
CHERRY TOMATOES	2 x 200g	3 x 200g
RED CAPSICUM	1	2
CANNELLINI BEANS	400g	2 x 400g
GARLIC CLOVE	1	2
PIZZA BASE	2	3
ROCKET LEAVES	1 bag	2 bags

FROM YOUR PANTRY

oil for cooking, olive oil, salt, pepper, dried Italian herbs, red wine vinegar

KEY UTENSILS

oven tray, stick mixer or blender, frypan or griddle pan

NOTES

You can use dried rosemary, thyme or oregano instead of dried Italian herbs. Fennel seeds and cumin seeds also work well!



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1. ROAST THE VEGETABLES

Set oven to 220°C.

Dice **Jerusalem artichokes** and **zucchini**. Halve **tomatoes**. Toss on a lined oven tray with **2 tsp Italian herbs, oil, salt and pepper** (see notes). Roast for 20–25 minutes until cooked through.

6P – use 1 tbsp Italian herbs.



4. TOAST THE BREAD

Crush 1/2 garlic clove and combine with **2 tbsp olive oil**. Rub over **pizza bases** and season with **salt**. Toast in oven for 3–5 minutes until golden. Cut into triangles.

6P – crush 1 garlic clove and combine with 3 tbsp olive oil.



2. CHAR THE CAPSICUM

Thickly slice **capsicum** and coat with **oil** (see cover notes). Char in a frypan or griddle pan over high heat for 5 minutes until black char marks begin to appear on **capsicum skin**.



5. FINISH AND SERVE

Spread **capsicum sauce** among plates. Top with **roast vegetables** and garnish with **rocket leaves**. Serve with **garlic bread**.



3. BLEND THE SAUCE

Drain **cannellini beans**. Blend together with **charred capsicum, 1/2 garlic clove, 1 tbsp vinegar** and **2 tbsp olive oil** using a stick mixer or blender until smooth. Season with **salt and pepper**. Set aside.

6P – blend beans with charred capsicum, 1 garlic clove, 2 tbsp vinegar and 3 tbsp olive oil.

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